



El Cajon Collaborative
Monthly Council Meeting Notes
June 5, 2012

Purpose: "To engage direct service staff and community partners in resource sharing, networking, joint planning and action around issues that benefit the youth and families of the El Cajon community, consistent with the mission, vision and priorities of the Collaborative."

AGENDA ITEMS/ DISCUSSION

I. Welcoming Remarks-

Council Facilitator, Veronica Mikho, National Conflict Resolution Center, welcomed everyone and gave an overview of the meeting Agenda. She began the meeting at 12: 33.

Meeting Participants:

ASAP, Big Brothers- Big Sisters of San Diego County, Cajon Valley Union School District, Catholic Charities, Center for Community Solutions, Chaldean Middle-Eastern Community Services, Child Development Associates, Communities Against Substance Abuse, Cuyamaca College, East County Career Center, El Cajon Valley High School/SDYS, EJE Academy Dual Language School, Episcopal Refugee Network, Family Health Centers of San Diego, Healthy Adventures Foundation, Institute for Public Strategies, International Rescue Committee, Journey Community Church, Mental Health Systems/ CalWORKs, Mental Health Systems/ Families Forward, Molina Healthcare, National Conflict Resolution Center, Neighborhood Healthcare, Planned Parenthood, Public Consulting Group, Recovery Innovations of CA, Salvation Army Family Services, San Diego County HHS/ HIV, STD & Hepatitis Prevention, San Diego County HHS/ Health Promotions, San Diego County HHS/ Refugee Services, San Diego County Library Rancho San Diego Branch, San Diego State University/ WIC, Southern Indian Health Council, University of San Diego Legal Clinics.

II. Collaborative Updates-

LaVonna Connelly, El Cajon Collaborative Coordinator, highlighted the summary of recent ECC activities on the back side of the Agenda. She pointed out two items of interest:

- This month is our Council Facilitator's last month of her term. Much thanks to Veronica Mikho for a job well done!
- Nominations for Council Facilitator for September 2012- June 2013 are now being accepted. Let LaVonna know if you are interested.
- ECC in a joint project with HHS, has successfully recruited 18 El Cajon residents to participate in the Healthy Food Initiative. They will be trained and sent into the community to assess the communities' access to nutrition.
- ECC has been working with SANDAG to bring social equity to regional planning processes. Currently SANDAG is collecting input from residents. LaVonna requested help in distributing the surveys. If you can help, please contact LaVonna.

III. Presentation & Activity/ Navigating the Invisible Obstacles in our Communities:

Moving towards Understanding and Acceptance

Michelle Lustig, PhD, presented information on the richness of valuing a diverse community.

Highlights included:

- Cultural identities are fluid and ever-changing. Nobody can really be an expert on someone else's culture.
- Perceived cultural identity of another influences how we relate to them.
- Our cultural identity guides what we do. For example, if we were raised during the depression it may be important to us to have three of everything in stock at all times.
- Culture is individual. Members of American society have commonalities but there are wide variances in individual Americans' culture.
- To be tolerant is to endure. To be accepting is to acknowledge another's "right to be". Tolerance

is based on judgment. Acceptance is based on love.

- DO NOT rely on one source to inform you about culture. There are “within group” differences. For example, what you learn about one person from Afghanistan may not apply to others from Afghanistan. Culture is individual.
- **ACTIVITY:** Attendees broke into small groups to talk about what they perceived their own individual culture to be.

Dr. Lustig handed out a copy of her Power Point presentation. If you would like a copy of this presentation, please contact LaVonna.

IV. Cameo Presentation- Conflict Resolution Training for El Cajon

Aggie Alem, National Conflict Resolution Center, presented information about the upcoming Exchange Training that will be offered in El Cajon. Highlights included:

- NCRC is hosting an Exchange Training/Conflict Resolution Training for El Cajon Collaborators and El Cajon residents only.
- Training will be July 20th at the El Cajon Library from 8:30am-5:00pm
- YOU MUST PRE-REGISTER. NO WALK-INS will be allowed.
- Breakfast will be provided.
- The training is valued at more than \$350, but it is FREE to El Cajon Collaborators and residents.
- There are 30 seats available so if interested, don't delay. Register today.
- Questions? Contact Aggie Alem (619) 238-2400 aalem@ncrconline.com

V. Roundtable (Announcements, Trends, Issues) *Contact List (for follow up) can be found at:*

http://www.elcajoncollaborative.org/uploads/1/4/1/5/1415935/council_contact_sheet_april2012.pdf

- **Big Brothers-Big Sisters** announced that they are strengthening their outreach in East Region. They have a waiting list of youth who need mentors and are seeking volunteers who are interested in mentoring youth in El Cajon and East Region.
- **Catholic Charities** announced that they have acculturation services for newcomers (cultural acculturation, language acquisition, etc.) They are looking for community partners willing to assist in facilitating classes/workshops on stress management and other wellness related topics.
- **Child Development Associates** announced that they are taking applications for summer enrollment in their quality child development programs for pre-school age children at their Spring Valley location. They have low and no cost programs available. The low cost program is \$35/day.
- **Communities Against Substance Abuse** announced they are recruiting high school age youth for their public health internship this summer. You will do hands on activities in the community to prevent substance abuse.
- **Cuyamaca College** announced that the UP program (foster youth), the CARE program (single parents) and the EOPS program (low-income) are currently accepting applications for the 2012-13 academic year.
- **East County Career Center** announced that the “one stop shop” RFP for the grant that funds the Career Center has been pulled back for reconsideration and ECCC has been granted a six month extension. The new “one stop shop” RFP is expected to be re-released in September.
- **Episcopal Refugee Network** announced that they offer services to refugees that have special problems that nobody else can help with. They assist refugees at risk for calling in service cracks.
- **Family Health Centers of San Diego** announced that they are offering free mammograms and pap smears for those who qualify. They also offer cancer screening and service navigation, mental health services, psychiatric services (once a month for those receiving mental health services through FHCS) and application assistance for health insurance including LiHEAP.

- **San Diego County HHS/ HIV, STD and Hepatitis Prevention** announced that they offer trainings on HIV, STD and Hepatitis prevention.
- **Healthy Adventures Foundation** announced that they will be offering an eight week weight loss challenge for community members at the Rancho Del Oro Library starting June 8th.
- **Neighborhood Health Care** announced that they have Certified Application Assistors (CAAs) at their clinic in El Cajon. They can assist community members that are 19-64 years of age to apply for LiHEAP if they are not eligible for any other medical insurance. They can also assist pregnant women and families with children 0-5 years old to apply for health insurance. They also announced that they are offering a 10 week parent education program in Spanish Fridays from 10am-12pm at their clinic in El Cajon.
- **Planned Parenthood** announced that they do trainings on sexual anatomy and physiology and they do trainings on healthy relationships.
- **Salvation Army** announced that they are offering application assistance for SDG& E's low-income programs. They also offer a Lunch Sack program for those who are eligible.
- **San Diego County HHS/ Health Promotions** announced that their bi-annual Intergenerational Summit will be on Friday, June 15th from 9am-3pm. The Summit will have Richard Dreyfus as the speaker, a free lunch and cooking demonstration with the food items that can be obtained through the Golden Share program.
- **Rancho San Diego Library** announced that they would be starting their Summer Reading program on June 30th. They will be having a kickoff that day with games, a cake walk, tamales, and a "Decorate Your Own Wheels" contest.
- **Tribal Chairman's Association** announced that they serve Native Americans who reside on reservations or in the urbanized areas. They also encouraged everyone to attend a Pow Wow, as the Pow Wow season is upon us.
- **EJE Academy Dual Language School** announced that they offer K-8 education in dual languages. They welcomed everyone to contact them with creative ideas for engaging their students in the community.

Adjournment- Veronica adjourned the meeting at 2:00pm.